

## PT - Physical Therapy

### PT-EQ      EQUIPMENT

**OUTCOME:** The patient/family will understand and demonstrate as appropriate proper use of equipment.

**STANDARDS:**

1. Discuss indications for and benefits of prescribed equipment.
2. Discuss types and features of medical equipment as appropriate.
3. Discuss and/or demonstrate the proper use and care of medical equipment. Participate in return demonstration by patient/family as appropriate.
4. Discuss signs of equipment malfunction and the proper action to take in case of malfunction.
5. Emphasize safe use of equipment. Discuss proper disposal of any associated medical supplies.

### PT-EX      EXERCISE

**OUTCOME:** The patient/family will relate exercise program to optimal health and plan to follow the customized exercise program developed with the Physical Therapist.

**STANDARDS:**

1. Review the benefits of regular exercise.
2. Discuss the three types of exercise: aerobic, flexibility, and endurance, as appropriate.
3. Review the recommendations of an exercise program:
  - a. Start out slowly.
  - b. Modification of exercises to accommodate specific health problems.
  - c. Exercise according to the specific plan developed for the individual.
  - d. Demonstrate and assist appropriate exercises.
4. Emphasize the importance of following the customized exercise plan developed with the Physical Therapist to achieve optimal benefit.
5. Review the exercise programs available in the community.

### PT-FU      FOLLOW-UP

**OUTCOME:** The patient/family will understand the importance of fully participating with the treatment plan and the process for obtaining follow-up appointments.

**STANDARDS:**

1. Discuss the patient's responsibility in the management of the condition.
2. Emphasize the importance of making and keeping appropriate follow-up appointments.
3. Discuss the process for obtaining follow-up appointments.

**PT-GT      GAIT TRAINING**

**OUTCOME:** The patient will understand the importance of improved gait and the plan to practice.

**STANDARDS:**

1. Discuss the components necessary for optimal gait:
  - a. Normal range of motion
  - b. Proper cadence or rhythm
  - c. Appropriate stride length
  - d. Heel-to-toe pattern to step
2. Discuss the importance of normal range of motion as appropriate. Demonstrate and assist in return demonstrations of specific exercises to increase the range of motion of the affected joint(s) or extremity(s).
3. Discuss the value of cadence or rhythm in walking as appropriate. Demonstrate and assist to accomplish an improved cadence.
4. Discuss stride length as appropriate. Demonstrate appropriate stride length and assist in improving stride.
5. Discuss and demonstrate the usual heel-to-toe pattern of a normal step as appropriate. Assist the patient to learn modification techniques.
6. Emphasize the importance of intentionally practicing improved gait.

**PT-I      INFORMATION**

**OUTCOME:** The patient/family will understand the physical condition as it relates to the disease process and the rehabilitative process.

**STANDARDS:**

1. Review the current information about the patient's specific diagnosis.
2. Review the effects that this condition has on the patient's physical status. Emphasize the short/long term effects and the degree of control that the patient has over the condition.
3. Discuss the symptoms that may indicate progression of the condition.

## **PT-L            LITERATURE**

**OUTCOME:** The patient/family will receive literature about the physical therapy plan.

### **STANDARDS:**

1. Provide the patient/family with literature on the physical therapy plan.
2. Discuss the content of the literature.

## **PT-MNT       MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a.        Assessment of the nutrition related condition.
  - b.        Identification of the patient's nutritional problem.
  - c.        Identification of a specific nutrition intervention therapy plan.
  - d.        Evaluation of the patient's nutritional care outcomes.
  - e.        Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **PT-N            NUTRITION**

**OUTCOME:** The patient will understand the need for balanced nutrition and will plan for the implementation of dietary modification if needed.

### **STANDARDS:**

1. Review normal nutritional needs for optimal health.
2. Discuss current nutritional habits. Assist the patient in identifying unhealthy nutritional habits.
3. Discuss nutritional modifications as related to the specific condition.
4. Emphasize the importance of fully participating in the prescribed nutritional plan.

## **PT-TX          TREATMENT**

**OUTCOME:** The patient/family will understand the common and important risks, anticipated benefits and anticipated progress of the patient's rehabilitation process.

### **STANDARDS:**

1. Review the current information regarding the treatment of the condition.
2. Explain the benefits of the proposed treatment.
3. Assist the patient/family in development of a treatment plan which will achieve treatment goals.
4. Refer to other departments or community resources as appropriate.

## **PT-WC          WOUND CARE**

**OUTCOME:** The patient/family will understand the necessity and procedure for proper wound care. As appropriate they will demonstrate the necessary wound care techniques.

### **STANDARDS:**

1. Explain the reasons to care appropriately for the wound, e.g., decreased infection rate, improved healing.
2. Explain the correct procedure for caring for this patient's wound.
3. Explain signs or symptoms that should prompt immediate follow-up, e.g., increasing redness, purulent discharge, fever, increased swelling/pain.
4. Detail the supplies necessary for the care of this wound (if any) and how/where they might be obtained.
5. Emphasize the importance of follow-up.